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**Self-Efficacy and The Quality of Life of Schizophrenia Caregivers**

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**Abstrak**

*Self efficacy merupakan faktor penting untuk meningkatkan kualitas hidup caregiver Pasien Schizophrenia. Kualitas hidup pengasuh mempengaruhi proses perawatan yang merupakan kunci penting dalam menyembuhkan pasien Schizophrenia. Kualitas hidup juga dipengaruhi oleh self-efficacy. Tingkat kemanjuran yang tinggi pada pengasuh pasien skizofrenia memengaruhi tingkat kepuasan hidup, penerimaan beban perawatan yang lebih rendah, dan kualitas hidup yang lebih baik. Penelitian ini bertujuan untuk menyelidiki hubungan antara efikasi diri dan kualitas hidup pengasuh skizofrenia. Ini adalah penelitian kuantitatif dengan pendekatan cross sectional. Penelitian ini dilakukan di wilayah kerja Puskesmas Godean I, yaitu Desa Sidoluhur, Desa Sidoagung, Desa Sidomulyo, dan Desa Sidomoyo pada 1 Agustus hingga 15 September 2018. Ada 47 peserta yang dipilih menggunakan teknik consecutive sampling. Variabel dependen adalah kualitas hidup pengasuh Schizophrenia. Sementara itu, variabel independen adalah self-efficacy. Kedua variabel diukur melalui kuesioner. Data kuantitatif dianalisis menggunakan uji chi square. Karakteristik subjek penelitian adalah: perempuan, paruh baya, menikah, berpenghasilan rendah, lulusan sekolah menengah atas, dan memiliki pengalaman merawat lebih dari 5 tahun. Ditemukan bahwa efikasi diri pengasuh skizofrenia termasuk dalam kategori 'kuat'. Ada hubungan yang signifikan antara efikasi diri pengasuh Schizophrenia dan kualitas hidupnya. Ada hubungan antara efikasi diri dan kualitas hidup pengasuh pasien Schizophrenia. Ada kemungkinan bahwa pengasuh pasien skizofrenia dengan kemanjuran diri yang kuat akan memiliki kualitas hidup yang baik. Intervensi untuk meningkatkan kemanjuran pengasuh harus dilaksanakan untuk memastikan manajemen yang optimal baik pasien dan pengasuh.*

**Kata kunci :** *Self efficacy, Kualitas Hidup, Pengasuh Pasien Skizofrenia*

**Abstract**

*Self-efficacy is an important factor to improve the quality of life of Schizophrenia caregivers. A caregiver's quality of life affects treatment process which is an important key in curing Schizophrenia patient. Quality of life is also affected by self-efficacy. High level of efficacy on a caregiver of schizophrenia patients affects the level of life contentment, the low acceptance of care burden, and better quality of life. This research aims to investigate the relation between self-efficacy and the quality of life of Schizophrenia caregivers. This is a quantitative research with cross sectional approach. The research was conducted in the working area of Community Health Center of Godean I, i.e. Sidoluhur Village, Sidoagung Village, Sidomulyo Village, and Sidomoyo Village on August 1 to September 15, 2018. There were 47 participants chosen using consecutive sampling technique. The dependent variable is the quality of life of Schizophrenia caregivers. Meanwhile, the independent variable is self-efficacy. Both variables were measured through questionnaire. The quantitative data was analyzed using chi square test. The characteristics of the research subjects are: female, middle aged, married, low-income earners, senior high school graduates, and have experience of taking care for more than 5 years. It is found that the*

*self-efficacy of schizophrenia caregivers was in 'strong' category. There was a significant relation between the self-efficacy of Schizophrenia caregivers and their quality of life. Moreover, there was a relation between self-efficacy and the quality of life of Schizophrenia patient caregivers. It is possible that Schizophrenia patient caregivers with strong self-efficacy will have good quality of life. Interventions to improve caregivers' efficacy should be implemented to ensure optimal management of both patient and caregiver.*

**Keywords :** *Self-Efficacy, Quality Of Life, Schizophrenia Patient Caregivers*

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## **INTRODUCTION**

Mental disorders are chronic and serious health problems in many different countries, especially in Indonesia. Schizophrenia is a mental disorder which affects the way someone thinks and acts. Some of the symptoms are hallucination, agitation, insomnia, and so forth. This is a long term disorder which affects one's whole aspects of life. Thus, Schizophrenia is one among many illnesses which contributes highly in the global burden of disease and disability (1). There is an increase on the prevalence of mental disorders. The prevalence of severe mental illnesses in Indonesia is 1.7 per thousand populations. Special Region of Yogyakarta (D.I. Yogyakarta) is the province with highest rate of mental disorders, i.e. 2.7 (9,820 people) per thousand; in *Sleman*, it is 1.52 per thousand (1,769 people) (2).

Schizophrenia patients experience declines in physical functions, cognitive functions, psychomotor skills, and independence level. As a consequence, Schizophrenia patients are unable to perform daily activities well. Thus, they need the assistance of others (caregiver) (3). Family is the main caregiver that has significant roles in the recovery of Schizophrenia patients. A caregiver of a Schizophrenia patient has double roles, i.e. providing care and psychological prosperity. Thus, they are more prone to mental illness. The burdens experienced by a caregiver result in

low quality of life which can affect the treatment process and recovery success of Schizophrenia patient (4).

A Schizophrenia caregiver's quality of life is vital as the treatment process of the patient highly relies on the caregiver (5). The most influential factor on Schizophrenia patient's relapse is the caregiver's quality of life (6). The family members of a Schizophrenia patient are the ones capable of making decisions for patient treatments. Thus, the psychological conditions of Schizophrenia patient caregiver affect patient's prognosis (7). It is important to measure the quality of life of Schizophrenia caregiver to evaluate treatment success. Through quality of life measurement, the information of the caregiver's physical, psychological, environmental, and social conditions can be obtained (8). The caregiver's quality of life is influenced by some factors, such as negative stigma of the society, education level, health condition, depression level, and length of illness duration (9,10). It is also affected by self-efficacy/ a sense of self-confidence (11,12). A high sense of Schizophrenia caregiver's self-confidence results in high life satisfaction, low treatment burden, and better quality of life (13). The confidence level of a caregiver can help reduce some bad effects of caregiving, such as decreasing burdens in nursing and depression symptoms (14).

*Godean Sub-district* is one among many *sub-districts* in *Sleman District, Special Region of Yogyakarta*. It consists of 7 villages, i.e. *Sidorejo Village, Sidoluhur Village, Sidomulyo Village, Sidoagung Village, Sidokarto Village, Sidoarum Village, and Sidomoyo Village*. There are 66,435 residents in *Godean Sub-district*. The area has 2 government health facilities, i.e. *Godean Community Health Center I* and *Godean Community Health Center II* (Central Bureau of Statistics of Sleman District, 2016). Mental health is one among many concerned health programs there. Based on an interview with the health staff of *Godean Community Health Center I*, some of the activities done to increase mental health are such as early detection training for health cadres, mental health counseling for risk groups, assistance program for Schizophrenia patients (curative and rehabilitative), home visits, family gathering (for all working area of *Godean Community Health Center I*), *prokeswa* family groups (aimed for one village), and group psychological therapy for caregivers. The therapy was started in 2016 in one *sub-village* in *Godean Sub-district*. Mental health program (*Program Kesehatan Jiwa/Prokeswa*) was officially established on November 24, 2016 along with the celebration of National Health Day. The aim of this research is to investigate the relation between self-efficacy and the quality of life of Schizophrenia caregivers at *Godean Community Health Center I*.

## MATERIALS AND METHODS

This is a quantitative research. The implemented research design is correlational with cross sectional approach. The research was conducted in the working area of *Godean Community Health Center I*, i.e. *Sidoluhur Village, Sidomulyo Village, Sidoagung Village, and Sidomoyo Village* on August 1 to September 15, 2018.

The populations of the research were all Schizophrenia caregivers in the working area of *Godean Community Health Center I*. The samples of the research were 47 participants. The implemented sampling method was consecutive sampling technique. The inclusion criteria in the research were caregivers with the age of more than 18 years old, caring for Schizophrenia patients based on medical diagnosis, caring for Schizophrenia outpatients, did not earn money in nursing the patient, and working at least for one year.

The dependent variable in the research is Schizophrenia caregivers' quality of life while the independent variable is self-efficacy. The quality of life of Schizophrenia caregivers is defined as the way how the caregivers evaluate the positive aspects of their physical, mental, social, and environmental aspects. It is measured using WHOQOL-BREF questionnaire and categorized as poor and good life quality. Self-efficacy is defined as the self-confidence of Schizophrenia caregivers in nursing Schizophrenia patients. It is measured using general self-efficacy questionnaire and categorized as weak and strong self-efficacy.

To reveal the relation between self-efficacy and the quality of life of Schizophrenia caregivers, the statistic test of *Chi Square* was used.

## RESULT AND DISCUSSION

### Result

Here are the dimensional characteristics of the research subjects based on the age, sex, education levels, income, marriage status, and length of caring for the patient.

Table 1 shows the characteristics of research respondents: 72.3% middle-aged, 76.6% female, 36.2% senior high school graduates, 78.7% low income, 85.1% married, and 74.5% caring for the patient for more than 5 years.

**Table 1. Research Subject Characteristics**

Characteristic	Criteria	n	%
Age	Young Adult (18-40 years old)	5	10.6
	Middle-Aged Adult (41-60 years old)	34	72.3
	Older Adult (> 61 years old)	8	17.0
Sex	Male	11	23.4
	Female	36	76.6
Education Levels	Uneducated	2	4.3
	SD (Elementary School)	12	25.5
	SMP (Junior High School)	15	31.9
	SMA (Senior High School)	17	36.2
	University	1	2.1
Income	Low (< 1,5 Million Rupiah)	37	78.7
	High (≥ 1,5 Million Rupiah)	10	21.3
Marriage Status	Married	40	85.1
	Single	7	14.9
Caring Length	≤ 5 years	12	25.5
	> 5 years	35	74.5

Source: Primary Data, 2018

**Table 2. Research Subject Characteristics based on the Self-Efficacy of Schizophrenia Caregivers in the Working Area of Godean Community Health Center I (n = 47)**

No	Category	N	%
1	Weak	15	31.9
2	Strong	32	68.1
Total Number		47	100

Source: Primary Data, 2018

Table 2 shows that most research subjects have strong self-efficacy (68.1%). Thus, it can be concluded that, caregivers' self-confidence level in nursing Schizophrenia patients is in 'good' category.

**Table 3. Research Subject Characteristics based on the Quality of Life of Schizophrenia Caregivers in the Working Area of Godean Community Health Center I (n = 47)**

No	Category	N	%
1	Poor	17	36.2
2	Good	30	63.8
Total Number		47	100

Source: Primary Data, 2018

Table 3 shows that the research subjects have 'good' quality of life (63.8%). It includes the physical, psychological, social, and environmental domains.

Table 4 shows the value of sig. (2-tailed) 0.00 and scored < 0.05. Thus, it can be concluded that there is a significant relation between self-efficacy and the quality of life of Schizophrenia caregivers.

## Discussion

Self-efficacy strongly associated with high quality of life<sup>15</sup>. Result of the study is compatible to this study in which caregivers patient schizophrenia who has good self-efficacy have high quality of life. This study result show there was a significant relation between self-efficacy and the quality of life of Schizophrenia caregivers with the score of sig. (2-tailed) 0.00 (table 4). Schizophrenia caregivers with strong self-efficacy can increase their life satisfaction and decrease their nursing burdens (13,16). Self-efficacy is a person's belief in abilities and influences their activities (21).

Self-efficacy or belief can affect one in thinking and self-motivating. Self-efficacy can also be defined as the perception or the way people evaluate themselves in reaching certain goals. Someone may achieve self-efficacy after succeeding in solving certain problems or acquiring skills. It may also be achieved by



**Table 4. The Relation between Self-Efficacy and the Quality of Life of Schizophrenia Caregivers in the Working Area of Godean Community Health Center I (n= 47)**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	18.332 <sup>a</sup>	1	.000		
Continuity Correction <sup>b</sup>	15.649	1	.000		
Likelihood Ratio	18.763	1	.000		
Fisher's Exact Test				.000	.000
Linear-by-Linear Association	17.942	1	.000		
N of Valid Cases	47				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.43.

b. Computed only for a 2x2 table

observing successful people; thus it can increase self-belief (17). Caregivers' self-efficacy can be defined as the belief of the caregivers on nursing the patients. Based on the theory of self-efficacy, it is believed that an individual with strong self-efficacy will have high level of success in going through treatment process, low possibilities of suffering from psychological illnesses and low physical functions, low fatigue level, and high prosperity level; compared to those with weak self-efficacy (18). Schizophrenia caregivers with strong self-efficacy will yield positive effects in nursing the patients. It is believed that they are more able to accept and care for neuropsychiatry symptoms and have lower chances of experiencing depression (19). Such depression can lower the quality of life of patients with breast cancer (20).

The findings of the research revealed that as many as 32 respondents (68.1%) have strong self-efficacy and 30 respondents (63.8%) have good quality of life. It shows that the caregivers' self-efficacy in nursing Schizophrenia patients influences the improvement on their quality of life. Based on the assumptions of the researchers which are supported by the results of previous research, caregivers' strong self-efficacy in nursing Schizophrenia patients helps to reduce depression level and improve caregiver's quality of life. Some factors known to affect quality of life, such as age, sex, education levels, income, marriage status, and nursing duration has no

influences on the quality of life of Schizophrenia patients. A Schizophrenia caregiver who strongly believes that she is able to provide optimum care manages to nurse the patient well. Such strong self-efficacy gives positive encouragements and self-confidence to the caregiver.

Caregiver's self-efficacy is the management that focuses on the patient schizophrenia. Increased self-efficacy in the caregiver of schizophrenic patients helps patients healing. Intervention of enhancement of self-efficacy can be done in community health center, hospital or society to improve quality of life. For example, educating caregivers who have low education on how to take care patients schizophrenia. This study can be develop by theme and method, such us intervention to improve self-efficacy or quality of life.

## CONCLUSION AND RECOMMENDATION

Based on the research, the characteristics of Schizophrenia caregivers are found, i.e. middle-aged, female, married, senior high school graduates, earning low income, and caring for the patient for more than 5 years. The caregivers' self-efficacy quality of life is considered to be in 'good' category. Significantly, there is a relation between self-efficacy and the quality of life of Schizophrenia patient caregivers.

Schizophrenia patient caregivers' quality of life is the key of success in patients' recovery. Therefore, to help improve Schizophrenia patient

caregivers' quality of life, self-efficacy trainings/ interventions should be provided.

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